



A MINUTE OF HEALTH WITH CDC

Turn Off the TV

Television and Video Viewing Time Among Children Aged 2 Years — Oregon, 2006–2007

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For many children, television has become baby sitter and best friend. A recent CDC study in one state found that nearly one in five two-year-olds watched two or more hours of TV each day, and a similar proportion have a TV in their bedroom. Excessive TV viewing by young children can result in impaired cognitive, language, and emotional development; irregular sleep schedules; and obesity. Removing the TV from a child's bedroom is a good first step towards decreasing viewing time. Other strategies include reading to children, encouraging exercise and outdoor play, and participating in activities that promote physical and educational development.

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